

# FINDING PEACE

*How do you define peace?*

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## 5 Steps

1) Allow Change. Everything is always changing. Discuss one positive change that has happened in your life?

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2) Walk away from negative relationships. What do you look for in a positive relationship?

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3) Define your future goals and how to get there. What are you working toward in life?

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4) Stop measuring your success by material items. What non-material items are you grateful for?

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5) Set limits. It is okay to say no. What do you need to set limits on?

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